Claims 1-3 (cancelled)

Claim 4. (currently amended) Footwear comprising a sole, a toe cap, and an upper having a unitary one piece molded metatarsal guard therein for transmitting a load to the sole, said metatarsal guard comprising a convex arch portion over the wearer's instep, a lip integrally molded with said arch portion and overlying the toe cap, and wherein said lip does not bear against the sole when a load is applied to the metatarsal guard and said metatarsal guard having only a single concave right support leg and only a single concave left support leg in contact with the sole [overlying the sole], said support legs integrally molded with the convex arch portion and extending on opposite sides of the wearer's foot and bearing against the sole when a load is applied to the metatarsal guard, said convex arch portion having a section rearward of the support legs which does not bear against the sole.

Claim 5. (previously presented) Footwear as recited in claim 4 wherein the convex arch portion and concave right and left support legs of said metatarsal guard are solid members.

Claim 6. (currently amended) Footwear as recited in claim 5[.], wherein the concave right and left support legs of said metatarsal guard are of less width than the convex arch portion.

Claim 7. (currently amended) Footwear as recited in claim 4[.], wherein the lip of said metatarsal guard is cemented to the toe cap.

Claim 8. (previously presented) Footwear as recited in claim 4, wherein the right and support legs of said metatarsal guard are of less width than the lip of said metatarsal guard.

Claim 9. (previously presented) Footwear as recited in claim 4, wherein the one piece molded metatarsal guard is a solid member.

Claim 10. (previously presented) Footwear as recited in claim 4, wherein the convex arch portion is a solid member.

Claim 11. (previously presented) Footwear as recited in claim 10, wherein the right and left support legs of said metatarsal guard are of less width than the convex arch portion.

Claim 12. (previously presented) Footwear as recited in claim 4 wherein the lip portion is a solid member.

Claim 13. (previously presented) Footwear as recited in claim 12, wherein the right and left support legs of said metatarsal guard are of less width than the lip portion of said metatarsal guard.